



[WWW.CITYMB.INFO/PARKSANDRECMONTH](http://WWW.CITYMB.INFO/PARKSANDRECMONTH)

Celebrate Parks and Recreation month by trying something new! We are offering one free trial day to all participants (not all classes are eligible for trial). Classes are offered for all ages and everyone is allowed one free trial day within the month of July. Please refer to the list of eligible classes. Simply fill out the form and submit it to the instructor when you attend the class.

For more information please contact the Parks and Recreation Department at (310) 802-5448 or by email at [mbparksandrec@citymb.info](mailto:mbparksandrec@citymb.info).

**ONE FREE CLASS REGISTRATION FORM**

Main Contact (First and Last Names) \_\_\_\_\_

**RESIDENTIAL ADDRESS**

Street \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Phone - Primary \_\_\_\_\_  Cell  Other \_\_\_\_\_

Phone - Secondary \_\_\_\_\_  Cell  Other \_\_\_\_\_

Yes, I agree to receive text messages. Cell service provider: \_\_\_\_\_  Check here if this is a new address/phone number

Participant Name	DOB	Gender	Activity Name	Day	Time

**RELEASE OF LIABILITY WAIVER**

RELEASE OF LIABILITY I hereby certify that I am a participant in the above listed course conducted by the City of Manhattan Beach Parks & Recreation Department. I further certify that I am of good health, have no physical or other impairment which would endanger me when participating in such a program. I absolve and hold harmless the City of Manhattan Beach, its employees, officers or agents from any liability which may result from my participation or that of any minor in my legal custody, in the above activity. If the participant is a minor, I also give my permission for his/her participation in the above activity, and for any necessary medical treatment. I understand the City of Manhattan Beach has no obligation to supervise my children at the close of the above activity, and I release the City of Manhattan Beach, its officers, employees and agents from any liability resulting from any lack of supervision of my children at the close of the above activity. Participants involved in Manhattan Beach Parks & Recreation programs/activities may be photographed and such photography may be used to publicize City programs/activities. City of Manhattan Beach staff are not responsible for storing and or providing medications of any kind for participants in Parks and Recreation classes and activities.

Participant, Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# List of Eligible Free Trial Day Classes

	Name	Age	Day	Time	Location	
Tot	Gymnastics – SuperKids Parent & Me *RSVP Required* (310) 378-4800 or email <a href="mailto:SuperKidsGym@gmail.com">SuperKidsGym@gmail.com</a>	1½ - 3	W Su	9:30 - 10:20am 9:30 - 10:20am	MHP - MWBH	
	Gymnastics – SuperKids Developmental *RSVP Required* (310) 378-4800 or email <a href="mailto:SuperKidsGym@gmail.com">SuperKidsGym@gmail.com</a>	3 - 6	Tu Th Su	3:30 - 4:20pm 4:30 - 5:20 pm 10:30 - 11:20am	MHP - MWBH	
	Musical Fun for Tots	3m - 4y	Th Th	9:15 - 10:00 am 10:00 - 10:45am	MBAR - PAR	
	Music Rhapsody Babies Make Music *RSVP Required* (310) 376-8646	3m - 11m	M	11:15 - 12:00pm	JCC - SSR	
	Music Rhapsody Toddlers Make Music *RSVP Required* (310) 376-8646	1 - 3	M M	9:15 - 10:00am 12:15 - 1:00pm	JCC - SSR	
	Music Rhapsody Kids Make Music *RSVP Required* (310) 376-8646	2 - 4	M	10:15 - 11:00am	JCC - SSR	
	Pee Wee Picasso!	1.3 - 2	7/17 Only	9:30 - 10:20am	MBAR - VAR	
	Play Dough and Picasso!	2 - 4	7/17 Only	10:45 - 11:35am	MBAR - VAR	
	Soccer – Tiny Pros “Learn 2 Kick”	1 ½ - 2	Su	8:15 - 9:00am	MAP - SF	
	Soccer – Tiny Pros	2 - 3 ½	Su	9:00 - 9:45am	MAP - SF	
		3 ½ - 5		10:00 - 10:45am		
	Sports – Tiny Pros	2 - 3 ½	Sa	9:00 - 9:45am	LOP - LOF	
3 ½ - 5		10:00 - 10:45am				
Youth	Beach Volleyball	5 - 13	M/W Tu/Th Sa	3:30 - 5:00pm 3:30 - 5:00pm 9:30 - 11:00am	MB - PSS	
			Tu Th	4:30 - 6:00pm 4:30 - 6:00pm		LOP - CS LOP - CS
			Tu Th	4:30 - 5:20pm 3:30 - 5:20pm		MHP - MWBH
	Soccer – Tiny Pros	5 - 6	Su	11:00 - 11:45am	MAP - SF	
	Sports – Tiny Pros	5 - 6	Sa	11:00 - 11:45am	LOP - LOF	
Teen & Adult	Beach Volleyball – Beginner	18+	M/W Tu/Th	6:00 - 7:30pm	MB - PSS	
	Beach Volleyball – Advanced	18+	Tu/Th	6:00 - 7:30pm	MB - PSS	
	Comedy Improv for Adults	18+	Tu	7:00 - 9:00pm	JCC - SSR	
	Ceramics Pottery on the Wheel	18+	Tu	6:30 - 9:30pm	LOP - CS	
	Fitness at Level 10	18+	M/W/F	6:00 - 7:00am 7:00 - 8:00am 9:00 - 10:00am	Level 10 Fitness	
				6:00 - 7:00pm		
	Pilates Mat & TRX	18+	Th	7:00 - 7:55pm	Body & Mind Coe-Dynamics	
	Pilates Reformer Class	18+	M	7:00 - 7:55pm		
	Table Tennis *RSVP Required* <a href="mailto:aberg@citymb.info">aberg@citymb.info</a>	15+	Sa	2:00 - 3:30pm	MHP - MWBH	
	Tennis with Vilar - Intermediate	18+	W	7:00 - 8:00pm	LOP - TC6	
Yoga	18+	Tu	5:00 - 6:15 pm 6:30 - 7:45pm	JCC-SDS		
Yoga by the Beach	18+	T	4:30 - 5:30pm	MB - BB		
Yoga Flow 1/2	18+	Th	6:00 - 7:15pm	JCC - SSR		
Older Adults	Comedy Improv for Older Adults	55+	M	4:00 - 6:00pm	JCC - SDS	
	Senior Yoga *RSVP Required* (310) 283-2917	55+	W	11:00- 12:15pm	MHP-MWBH	

All classes available only in the month of July, except for the date specific classes.